

How To Read a Food Label

Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!

Nutrition Facts			
Serving Size 1 cup (228g)		←	
Servings Per Container 2		←	
Amount Per Serving			
Calories 260		Calories from Fat 120	
		↓	
		% Daily Value	
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Cholesterol 30 mg		10%	
Sodium 660mg		28%	
Total Carbohydrate 31g		10%	
Dietary Fiber 1g		4%	
Sugars 5g			
Protein 5g			
Vitamin A 4%		- Vitamin C 2%	
Calcium 15%		Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2000 2500	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	25g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Serving Size

We are used to saying "portion" or "helping" when we talk about how much we eat. "Serving size" is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

Servings Per Container

The number of servings in the package - Be sure to look at this. Small packages can seem like they should be one serving. Often, they contain more. Snack food items are a good example. If you eat the whole package, then you must multiply the nutrition values by the number of servings in the package.

Nutrition Numbers

Compare the number for Calories from Fat to Total Calories. You want your total fat calories to be no more than 1/3 of your total calories for the day.

If the number of the grams (g) of Saturated Fat is close the number given for Total Fat, that food or beverage may not be the best choice.

Look for choices that have at least 1 gram of fiber. Aim for 20-35 grams of fiber per day.

Compare the number of grams (g) of Sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added sugars. You want to limit added sugars.

Percent Daily Values (DV)

The Percent Daily Value gives a marker for the recommended nutrition needs based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie/nutrient needs. Tip - 5% DV or less is low, 20% or more is high.

- Limit these nutrients
- Get enough of these nutrients

